HOW TO BULLY-PROOF A SCHOOL

by:
Maria Emma B. Susi
Master Teacher I, Pandatung Elementary School

As most kids know, and much of adults remember, struggles with real-life bullies rarely are resolved so easily. The enormity of those struggles are now recognized, and bullying in schools, once shrugged off with a kids-will-be-kids attitude, has come to be considered a big problem round the world.

The facts about bullying show that 10 to 15 percent of kids are bullied regularly, and bullying most often takes place in school, frequently right within the classroom. The facts show, too, that bullying is an equal-opportunity torment -- the size of a school, its setting (rural, urban or suburban) and racial composition seem to possess no pertaining to its occurrence.

Bullying takes an important toll on the victims. As many as 7 percent of eighth grade students within the us stay home a minimum of once a month thanks to bullies. Chronic fear are often the source of all-too-real stomachaches and headaches and other stress-related illnesses. Consistent with Norway's Dan Olweus (2013), a number one authority on the topic, being bullied also results in depression and low self-esteem, problems which will carry into adulthood.

One study by Olweus shows that 60 percent of kids characterized as bullies in sixth through ninth grades had a minimum of 1 criminal conviction by age 24.

• instead of help resolve the difficulty, schools have contributed to the matter. the matter of bullying has been addressed primarily through efforts to spice up the vanity of victims, many of whom are more passive and physically weaker than their tormentors. While this helps, it isn't nearly enough.
• Working with students in role-playing exercises and related assignments that teach alternative methods of interaction, and developing strong anti-bullying rules, like "we won't bully other kids" and "we'll include other kids who are easily overlooked." Such messages repeated on a day to day can have an everlasting positive effect.

Anti-bullying campaigns make a difference. For anybody who's ever felt the sting of a schoolmate's punch or caustic words, that's good news.

References:

School Awareness Kids K-12, by Carol Silverman; Saunders Free Spirit Publishing Inc.

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Why Is Everybody Always Picking on Me? by Terrence Webster-Doyle; Atrium Society Publications